

# 13<sup>th</sup> Annual CONFERENCE

## *Living and Aging Well in NJ*

Friday June 3, 2011  
8 AM to 3 PM  
Crowne Plaza  
390 Forsgate Road  
Jamesburg, NJ 08831

Registration and  
Continental Breakfast at 8 AM



### SPONSORS

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New Jersey Association of Area Agencies on Aging  
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# Who Should Attend

## Conference Objectives

- Identify innovative approaches for preventive health and wellness.
- Understand the impact of the Affordable Care Act on seniors and persons with disabilities.
- Discover practical, creative and evidence-based models for seniors living in the community
- Learn about successful models of advocacy and policy work.
- Promote ethical social and medical practices that enable residents to age well.

## Leaders and Professionals

Attend if you're in direct practice, in public and private community-based programs serving caregivers and/or older persons including: senior centers, senior housing, adult day care programs, respite programs, home health, hospitals, assisted living and nursing home settings.

## Officials, Planners and Policy Makers

Attend if you're in housing, local planning, program development, legislation, health and social programs.

## Educators, Grantmakers and Consumers

Attend if you're interested in making a difference in the lives of older adults.

## Conference Goal

The goal of the conference is to provide educational opportunities for providers in the aging network, to advance new approaches, professional ethics and to enhance quality services.



# Schedule

**8:00 AM – Registration & Continental Breakfast**

**9:00 AM – Welcoming Remarks**

**9:15 AM – Morning Keynote:  
Understanding the impact of the  
Affordable Care Act on Medicare and  
Medicaid Participants in New Jersey**

Joe Baker – *President of the Medicare Rights Center*  
Discussion will cover changes to the Medicare program due to the Affordable Care Act. Topics include: new enrollment periods; improvements to Part D, long-term care and Medicare Advantage plans; expansion of Medicare-covered services; preventive care; and more. Mr. Baker will also touch on Medicaid as it relates to Medicare, including: coordinating care for dual-eligibles; inclusion of duals and those eligible for Medicare Savings Programs in new ACA-related eligibility and enrollment systems, and long term care reforms.

**10:15 AM – Romy Toussant – A Wellness Break**



**10:30 AM – Break and Visit with the Exhibitors**

**10:45 AM-12:00 PM – Concurrent Sessions**

**2:15 PM – Lunch and Luncheon Keynote:  
Healthy Eating for Healthy Aging**

Peter J. Gillies, *Founding Director of the New Jersey Institute for Food, Nutrition and Health*  
Explore how nutritional bioactives and drugs operate at common sites of action to elicit clinical benefit. Learn how the “Mediterranean Diet” is an example of how the collective actions of nutritional bioactives in the Greek diet have proven to be beneficial in the prevention of metabolic syndrome as well as cancer and neurological disorders associated with advancing age.

**1:30 PM – Break and Visit with the Exhibitors**

**1:40 PM-3:00 PM – Afternoon Concurrent Sessions**

**Special thanks to The Robert Wood Johnson Foundation, the Fannie and Morris Sklaw Foundation, Johnson and Johnson and our many donors for their program support.**

# Directions

## **From the Trenton Area**

Take Interstate 195 East to NJ Turnpike North to Exit 8A via the left ramp, Jamesburg onto Rt. 32 East. Continue for 1/4 mile. Crowne Plaza is on your right.

## **From Freehold or the Shore**

Take Rt. 9 to Freehold to Rt. 33 West. Continue on Rt. 33 for about 10 miles to Applegarth Road, exit on right. Make a left at the 3rd light onto Forsgate Drive, Rt. 32 West. Go to second light and follow signs for U-turn onto Rt. 32 East. Continue for 1/4 mile. Crowne Plaza is on your right.

## **From North Jersey or South Jersey**

Take NJ Turnpike to Exit 8A via the left ramp, Jamesburg onto Rt. 32 East. Continue 1/4 mile. Crowne Plaza is on your right.

## **From Princeton**

Take Rt. 1 to Scudders Mill Road East. Make a left at the 5th light onto Dey Road. Continue on Dey Road crossing Rt. 130 until the end. Make a left onto South River/Cranbury Road and Rt. 32. Make a right turn at the light on to Rt. 32 East. Continue for 1/4 mile. Crowne Plaza is on your right.

# Morning Sessions

1

## **Nuts and Bolts of the Affordable Care Act**

Joe Baker, President of the Medicare Rights Center

A discussion of the changes to the Medicare Program due to the Affordable Care act.

2

## **The Ethical and Legal Response:**

### **Physician Orders for Life Sustaining Treatment POLST**

David Barile, MD and Helen Blank, Ph.D

Explore the decision-making and the status of the new tool, the POLST form for New Jersey. What impact will it have on managing chronic care?

3

## **Outreach Models for Reaching Diverse Populations in Order to Manage Chronic Disease and to Empower Older Adults: Heart, Prostate, Diabetes**

Bonnie Arkus, RN – Reaching Women on Heart Health and Prevention

Anita Linton, MA – Why Barbershop Outreach?

Marie-Monique Marthol, – Use of Center in the Park Players for Diabetes Awareness and Prevention

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## **Volunteer Guardianship One-On-One Center**

Anthony Serra, Esq.

Learn about the essential role the Center plays in training and supporting volunteer guardians across New Jersey as a much needed community resources for lay citizens and professionals.

5

## **Physiological Changes in Smell and Taste of the Elderly**

Marcia Pelchat, PH.D, *Monell Institute, University of Pennsylvania*

Learn about the physiological changes that affect elders' senses of smell and taste. Dr. Pelchat will provide a simple hands-on demonstration of the impact of olfactory (smell) loss on flavor perception and thus appetite and nutritional health.

6

## **Strategies for Enhancing Senior Participation In Food and Nutritional Programs**

Adele LaTourette, *Director, NJ Anti Hunger Coalition*

Lisa Pitz, MSW, *Director of Advocacy and Outreach, NJ Anti Hunger Coalition*

Learn about a pilot project to pre-qualify seniors for New Jersey food and nutrition programs to address and combat senior hunger.



## **How To Register for the 2011 Annual Conference**

Fill out the PDF file titled "2011 Conference Registration." You may then email your completed conference registration to :

**[mchalker@njfoundationforaging.org](mailto:mchalker@njfoundationforaging.org)**

or you may fax the registration to :

**609-421-2006**

If there is going to be more than one attendee from your organization, please be sure that there is a registration form for each person.

# Afternoon Sessions

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### **Funder's Panel**

Kendall Warsaw, *Executive Director, Provident Foundation*

Sidney Hargo, *Executive Director, Community Foundation of South Jersey*

Annmarie Puleio, *Executive Director, Fred C. Rummel Foundation*

Melissa Chalker, *Program Manager, NJ Foundation for Aging*

Connect with philanthropic options to support services.